

Tympanoplasty

During this surgery your eardrum will be fixed.

For a healthy recovery after surgery, please follow these instructions.

Pain

- You may have mild pain or discomfort in your ears after surgery. This may last 2 to 3 days, but should get better over time.
- Take acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) if needed.
- Your surgeon may give you other prescription pain medication. Many medications, vitamins and supplements can cause bleeding. Do not take aspirin, or any other pain medications, supplements and vitamins unless prescribed by your surgeon.

Activity

- Rest for the remainder of the day.
- Do not drive or operate heavy machinery for 24 hours after surgery.
- You may go back to work 1 to 2 weeks after your surgery.
- You may go back to school a few days after surgery but no sports, heavy lifting (greater than 20 pounds or 9 kgs) or straining for 4 to 6 weeks. Please discuss this with your surgeon.

CPAP

- If you have obstructive sleep apnea and use CPAP, please speak with your surgeon about how to use it after surgery.

Protecting your ears

- Never remove the first dressing. Your surgeon will give you instructions or remove it at your follow-up visit.
- Do not blow your nose or sneeze for 2 weeks after surgery. If you must sneeze, do so with your mouth open. Try not to cough.
- No water in your ear until your visit with your surgeon.
- No airline travel for 4 to 6 weeks.
- Cover the ear that had the surgery before going outside or in a dusty environment.
- To prevent infection avoid people with colds and the flu.
- Avoid jerking movements of your head.
- No heavy lifting (20 lbs or 9 kgs) or straining for 4 to 6 weeks.

Eating

Eat your normal diet. Chew gently. Drink plenty of fluids.

Follow-up

Your follow-up visit with the surgeon is in about 3 to 4 weeks. You will need to call for an appointment.

Who can I call if I have questions?

- If you have any questions, please contact your surgeon's office.
- For urgent questions after hours, please call the Otolaryngologist – Head & Neck (ENT) surgeon on-call at 905-521-5030.

When do I need to get medical help?

- You have any sign of infection such as increasing pain or yellow drainage or fluid from your ear.
- You have a fever of 38.5°C (101.3°F) or higher.
- You notice an increase in bleeding from your ear.
- You have facial weakness or numbness.